COURSES ARTICLE - THERAPYTOOLS.US

Print Test

1. How many different disorders of sleeping and waking have been identified?

   about 50  
   less than 100  
   100  
   more than 100

2. What is excessive daytime sleepiness?

   Problems with falling and staying asleep  
   Problems with staying awake  
   Problems with sticking to a regular sleep schedule  
   Unusual behaviors during sleep

3. Insomnia includes any combination of difficulty with falling asleep, staying asleep, intermittent wakefulness and early-morning awakening.

   True  
   False

4. What are common factors associated with insomnia?

   Heavy smoking  
   Daytime napping  
   Anxiety or stress  
   all of the above

5. What is Hypnotic-dependent sleep disorder?

   Insomnia that occurs when you stop or become dependent on certain types of stimulants  
   Your internal clock is constantly out of synch with the "accepted" day/night phases  
   Insomnia that occurs when you stop or become tolerant to certain types of sleep medications  
   A condition in which stress caused by the insomnia makes it even harder to fall asleep
6. What can help prevent many sleep disorders?

- Staying generally fit and healthy
- Staying up for hours until you become sleepy
- A noisy sleep environment
- None of the above

7. Which of the following is long term goal for people with sleeping disorders?

- Identify disturbing dreams by keeping a dream written journal.
- Use biofeedback training to deepen relaxation abilities.
- End or reduce abrupt awakening in terror and regain a peaceful, restful sleep pattern.
- Explore any fears of death that may linked to the sleep disturbance.

8. Writing a journal of daily stressors and how they may link to the sleep pattern is a short term goal

- True
- False

9. A referral to a sleep clinic for an evaluation is a strategy for individuals with sleeping disorders

- True
- False

10. Which disorder causes restless leg syndrome?

- Sleep disruption disorders
- Disorders of excessive sleepiness
- Abnormal behaviors during sleep
- Disorders of insomnia

11. Abnormal behaviors during sleep are called parasomnias and are fairly common in children.

- True
- False

12. Is "assess any traumas of childhood that surround the sleep experience" a short or long term goal?

- Short Term
- Long Term
- Neither; it is an intervention or strategy
- None of the above

13. Sleep disorders involve any difficulties related to sleeping, including difficulty falling or staying asleep, falling asleep at inappropriate times, excessive total sleep time, or abnormal behaviors
associated with sleep.

True
False

14. Disorders of excessive sleepiness are called insomnias.

True
False

15. When traveling between time zones and with shift workers on rotating schedules, you do not maintain a consistent sleep and wake schedule.

True
False

16. What is an example of a parasomnia?

Sleep walking
Sleep terrors
REM sleep-behavior disorder
all of the above

17. The symptoms of parasomnias vary and depend on the specific sleep disorder.

True
False

18. Some sleeping disorders may go away without treatment.

True
False

19. End or reduce anxiety-producing dreams that cause awakening is a short term goal.

True
False

20. Exploring any fears regarding relinquishing control is a short term goal.

True
False

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